

Training Plans • 10K Advanced



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Week 1 Week 2 Week 3 Week 4 Week 5 Week 6



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
10-14 miles: Long distance run at a conversational pace.	8 miles.	Interval Training: 4x 1 mile at 20 seconds faster than 10K race pace. Take 5 minutes of slow jogging in between each mile.	8 miles. Long distance run at a conversational pace.	8 miles. 6x 100M strides.	5 miles. Long distance run at a conversational pace.	5 mile tempo run at 30 seconds slower than current 5k pace.

Notes:

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
10-14 miles: Long distance run at a conversational pace.	8 miles.	Interval Training: 7x 800M with a 400M jog inbetween. Pace: 20 seconds faster than 10K race pace.	8-10 miles. Long distance run at a conversational pace.	8 miles. 6x 100M strides.	5 miles. Long distance run at a conversational pace.	5 mile tempo run at 30 seconds slower than current 5k pace.

Notes:

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
10-14 miles: Long distance run at a conversational pace.	8 miles.	Interval Training: 4x 400M hard. 2x 400M jog. 3x 400M hard. 2x 400M jog. 2x 400M hard. 1x 400M jog. 1x 400M hard.	8-10 miles. Long distance run at a conversational pace.	8 miles. 6x 100M strides.	7 miles. Long distance run at a conversational pace.	5 mile tempo run at 20 seconds slower than current 5k pace.

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Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 4



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
12-14 miles: Long distance run at a conversational pace.	8 miles.	Interval Training: 4x 1 mile. (4 miles total) Jog 4-5 minutes between each mile. Increase pace with each mile.	8-10 miles. Long distance run at a conversational pace.	8 miles. 6x 100M strides.	7 miles. Long distance run at a conversational pace.	5 mile tempo run at 15 seconds slower than current 5k pace.

Notes:

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Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 5



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
8-12 miles: Long distance run at a conversational pace. Race is in 2 weeks.	5 miles.	Interval Training: 10x 400M with 400M jog recovery.	6-8 miles. Long distance run at a conversational pace.	7 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace.	Interval Training: 6x 800M at 5K race pace. 1x 400M jog between each.

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Week 1

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Week 4

Week 5

Week 6

Week 6



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
8 miles: Long distance run at a conversational pace.	5 miles.	Interval Training: 8x 400M hard. 200M recovery jog between each 400M.	5 miles. Long distance run at a conversational pace.	Day off.	4 miles, easy.	Run your race!

Notes:
